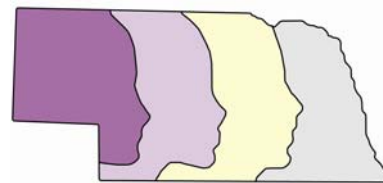


## ***Stress: What You Should Know***



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*No matter who you are, too much stress over along period of time can be bad for your health. It can affect your mind, your body, and your behavior.*

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Your ability to cope with stress is influenced by how you look at it. Learn to take a positive attitude about stress. It is a first step to keeping it in check. When you see stress as a challenge that you can meet, it has less power to hurt you.

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### **Sources of Stress:**

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- Conflicts with spouse, partner, or children
- Worries or arguments about money
- Problems with aging parents, in-laws, or other relatives
- The arrival of a new child
- Difficulties at work
- Problems in society like terrorism, war, or disease
- Traumatic events like physical attacks or serious accidents

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### **Effects of Stress on the Mind:**

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#### Short-term effects:

- Fatigue
- Anger
- Irritability
- Lack of concentration
- Feeling depressed

#### Long-term effects:

- Burnout
- Chronic anxiety
- Clinical depression
- Sleep problems

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### **Effects of Stress on the Body:**

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#### Short-term effects:

- Headaches
- Backaches
- Muscle tension
- Nausea
- Digestive problems
- Heart palpitations
- Dizziness

#### Long-term effects:

- Ulcers
- High blood pressure
- Poor general health
- Low immunity to illness
- Diabetes
- Skin problems

*Please see reverse*

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## Effects of Stress on Your Behavior:

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### Short-term Effects:

- Inactivity
- Eating too much or too little
- Poor work relationships
- Smoking
- Alcohol or drug use

### Long-term Effects:

- Relationship problems
- Family conflict
- Employment problems
- Isolation
- Thoughts of suicide or suicide attempts

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## Managing Stress:

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- Identify the source of the stress. For example, if someone upsets you, let them know in a calm way.
- Discuss your feelings. Talk to a friend, loved one, or counselor about your problems.
- Tackle one thing at a time. Break the source of the stress down into smaller parts that you can control.
- Eat healthy foods and get enough sleep.
- Limit your use of alcohol, caffeine, and nicotine.
- Increase your physical activity. Try taking a walk on your coffee break.
- Look for humor in your life. Read a book that makes you laugh or watch funny videos with a friend.
- Keep a positive outlook. Envision favorable results and make plans to achieve them.
- Make time for recreation. Try meditation, yoga, prayer, or exercise.
- Talk with your health care provider about other ways you can manage stress.

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## Additional Resources:

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Pfizer Women's Health

[www.pfizerforwomen.com](http://www.pfizerforwomen.com)

American Institute of Stress

[www.stress.org](http://www.stress.org)

Medline Plus – Stress page

[www.nlm.nih.gov/medlineplus/stress.html](http://www.nlm.nih.gov/medlineplus/stress.html)

### For More Information:

Nebraska Office of Women's Health  
301 Centennial Mall South, P.O. Box 94817  
Lincoln, Nebraska 68509-4817  
Phone: 1-800-532-2227 TDD: 1-800-833-7352 Fax: 402-471-0913  
[www.hhss.ne.gov/womenshealth](http://www.hhss.ne.gov/womenshealth)